

Use a reminder bracelet

Reminder bracelets can be made cheaply. A beaded bracelet can help you remember to drink enough glasses of water or help kids to remember their homework, an early dismissal for an appointment, to return library books, or for daily tasks such as brushing their teeth or making their bed without being told. They work well to remind yourself of your goals when put in a situation to either overeat or overspend, as well. The first reader tip features an even cheaper bracelet idea.

FRUGAL LIVING

MAKE A REMINDER BRACELET: Get a thicker rubber band, write your message on it (maybe something motivational or a reminder to take your medications) and wear it on your wrist. —Nada, Canada

USE FOR FELS-NAPHTHA: Fels-Naptha can also be used to treat acne. Usually clears it up in about a week. Don't use after it's cleared. Fels can be very drying to the skin. —Kay, email

FREEZE CITRUS: My father taught me a lemon/lime trick that works great. If you slice citrus fruit and quickly freeze the slices, they can be transferred and stored and easily retrieved in a small glass jar or old frosting container in the freezer for use later in drinks or to garnish food in cooking. —Janet N., email

REPURPOSED CONTAINERS: My planters are yogurt cups and the greenhouses are 1-gallon water bottles, cut in half. When the season is done, what I don't decide to keep is all recyclable! —Donna, California

USE FOR 3-TIER HANGING BASKET: For the last 40 years of our married life, my husband has put a hook above my kitchen sink (off to the right hand side, above the corner of the sink) and I have hung a plant hanger up there. When I have a small batch of dishes to wash, I put the dishes in the hanger. I put my rubber gloves in the top basket. I have a small utensil holder (out of an old drain) in the second basket and I put large, washed items in the bottom basket. Dishes are done, out of the way, and they can drip into the sink. No need to have my dish drainer on the counter all the time and I have been doing this for years. Wouldn't want to do without it. —Donna L., email

MICROWAVE USE: Remove wax from candleholders (just not metal or lead crystal candleholders). Microwave for 30 seconds. If it is not soft enough, nuke another 30 seconds. You don't need to melt the wax, just make it soft enough to peel off. You can wipe off the remaining wax with a paper towel.

Never use the dishwasher to remove wax from candleholders. It will clog the dishwasher drain or your sink's drain. —Ralph G., email

PREVENT PERSPIRATION STAINS ON BRA: I use my anti-perspirant on that area. Works well for me. Deodorant might also work. —Jodi, Michigan

NEW USE FOR OLD SOCKS: I use old socks to cover my skins of yarn to keep them from getting dusty. (I have a fairly large stash.) I have also made a mop from the socks to replace the rag mop style. Just zip tied them to the mop handle and mopped away. I had that mop for almost three years and just replaced the socks as needed. My mother, who thinks I deprive myself, bought a Swiffer mop for me. I then made replacements for it instead of the disposables.

I told her next Christmas a roll of foil would be great! The roll I got two years ago is almost gone. —C.L., Texas

The Indiana branch of America Association of University Women has selected four ladies who will be recognized as Indiana County Notable Women at the annual luncheon, which will be held at

Chestnut Ridge in Burrell Township at 11:30 a.m. Saturday. The Notable Women program, begun in 1987 by the Indiana branch to celebrate Women's History Month, honors Indiana County women

who have had a positive influence in their communities, worked for constructive societal changes and contributed to a historical legacy for future generations.



CINDY ROGERS

Cindy Rogers received her bachelor's degree in special education from Bloomsburg University and her master's degree from Indiana University of Pennsylvania.

She began her career as a special-education teacher at Ebensburg Center, working with its developmentally challenged population. During this time, she recognized that she could be a more effective teacher if she was able to communicate using sign language, so she learned American Sign Language via self-study and by taking classes at Mount Aloysius College.

In addition to using sign language in her work environment, Rogers also found time to help deaf citizens in the community. She volunteered to be a sign language interpreter for deaf students at IUP and facilitated communications between deaf patients and doctors and nurses at Indiana Regional Medical Center. She also donated her time to help IUP's sign language performance group, "Sign-in".

Cindy helped the group's student members translate songs into American Sign Language for performances at local residential homes.

Rogers has loved and learned about all things native and natural, and has spent many hours sharing her knowledge of wildflowers, herbs and herbal remedies, birds, gardening, camping and hiking.

As a board member of Friends of the Parks, Cindy was instrumental in developing, coordinating and presenting the organization's educational programs.

Her annual Mother's Day Wildflower Walk & Tea continues to be one of the organization's most popular programs.

In addition to taking participants on an informative walk, she also prepares snacks and beverages from many of the plants seen on the walk.

As a member and officer of the Indiana County Herbal Study Group, Rogers helped create and present numerous educational programs on the decorative, culinary and medicinal uses of herbs. Several times each year she is called upon to create a specific presentation on the use of herbs.

She also helps to maintain public herb gardens in our area, such as the one located at the Dilweed Bed & Breakfast in Dilltown.

In 2004, Rogers joined with a group of concerned citizens to form the Evergreen Conservancy. The conservancy received its 501(c)(3) status in January 2005, and has since embarked on its mission to preserve and protect our local environment.

She is currently serving as the president of the board of directors of the conservancy and has been instrumental in all of Evergreen's early accomplishments, including securing grants and funding for the conservancy's continued operations, a farmland cleanup and planting project adjacent to Ramsey Run to help prevent sedimentary runoff from making its way into the Two Lick reservoir, overseeing and maintaining water treatment at two acid mine drainage sites in Indiana County, and working with the County Planning Commission to develop a canoe launch in Homer City.

Evergreen Conservancy has also turned its attention to Marcellus shale, and Rogers was successful in obtaining a grant to establish a system to monitor the chemical content of our local streams and creeks.

Most recently, her focus has been on the creation of an environmental learning center at the Tanomah abandoned mine drainage treatment site. Her vision is to create an area where individuals, school students, Scouts and other groups can learn about the passive treatment technology used at the treatment sites; see wind, solar and water-power electric generation at work; hike on trails where trees and plants are identified; enjoy a picnic; and have a rewarding and educational out-of-doors experience.

For the League of Women Voters, she participated in fact-gathering and helped the Indiana branch to develop a study guide for use by all the LWV chapters statewide.



ELIZABETH GREGG

Elizabeth Gregg has devoted much time and great effort to many organizations.

Gregg is currently president and CEO of both Environmental Service Laboratories Inc. and Environmental Land Surveying & Solutions Inc., in Indiana.

The lab got its start at Indiana University of Pennsylvania's Management Services Group and Indiana County Small Business Incubator in 1988 and is now a certified Woman Business Enterprise by the Commonwealth of Pennsylvania.

Gregg has served the community in many ways. She previously volunteered for the Indiana County United Way, served as a foster parent and was a Talus Rock Girl Scout leader.

She was a blood drive volunteer for the American Red Cross from 2005 to 2007 and served on the board of directors for the YMCA in 2009 and 2010.

She was also on the board of directors of the Indiana County Small Business Incubator from 1998 to 2003.

She is currently involved with the Indiana County Commission For Women and is an advisory council member for IUP's Eberly College of Business Center For Family Business.

She is second vice chair of the Indiana County Chamber of Commerce and is co-chair of the Leader's Circle.

Gregg has been active in the Business Professional Woman's Organization since 2003 and served as treasurer in 2004 and 2005. During 2008 and 2009, she served on the national legislative committee for the BPW.

Gregg is the co-founder of the Indiana County Commission for Women.

As vice president, she has the opportunity to aid in the personal and professional development of women while raising awareness of many issues affecting working women.

She is a strong advocate of equal pay for women, speaking at the Equal Pay Day Rally at the Capitol Rotunda in 2009 and 2010, and has been a panel participant on two occasions for insight discussions on women's business issues.

She is also a sponsor of a yearly scholarship administered by the BPW.

The scholarship is intended for a young female that has been accepted or is attending college and majoring in a science-related field.

Gregg has received numerous recognitions and awards for her work.

In 2006, she was recognized by state Sen. Don White and as Chamber of Commerce's Member of the Month.

In 2007, she was honored as Business Woman of the Year by the National Republican Congressional Committee Business Advisory Council and received Special Business Woman recognition from the Office of Lieutenant Governor in Pennsylvania.

BPW recognized her as Employer of the Year in 2008. She was also recognized in PA Business Central's Top 100 People this year.

Gregg strongly advocated for House Bill Number 972 and received a personal phone call from an American Cancer Society lobbyist once the colo-rectal cancer insurance mandate bill had passed in 2008.

Gregg and her husband, William, have been married for 27 years. Together they have two children and three grandchildren.

Amanda Miller resides in Texas with her husband, and Patrick Gregg resides in Indiana with his parents and attends Indiana Area Junior High School.



ESTHER SHANE

Esther Shane is familiar to many people at Indiana University of Pennsylvania since she taught speech and language pathology, a division of the Special Education Department, for 29 years and has served as president of the retired faculty union (APSCURE) as well as board vice president of the retired faculty administration.

In addition to her work at the university, she is or has been a very active volunteer with several organizations and projects in the community.

As an active member of Graystone Presbyterian Church, she has served as moderator with the Kiskiminetus Presbytery and participates on the Mission Awareness Committee, which works locally as well as globally.

She has also presented lessons and lectures about the Bible and the Apostle Paul. Another of her projects is the Back to School Bash, affiliated with the Salvation Army and with ICAAP.

Shane has also worked with ICAAP helping to organize supplies and services for the Pathway Shelter. In addition, she holds a position on the executive board of Care Net.

She is also proud to have worked for about 15 years in various capacities at St. Andrew's Village.

She is particularly fond of her service in the Presbyterian Senior Living Community Advisory Board, since her parents were among the first residents in St. Andrew's Independent Living units.

Four years of teaching in inner-city Camden, N.J., "made me wake up in a hurry."

She also spent part of a sabbatical leave in India, which gave her the chance to become engrossed in the culture.

She has also traveled to the Holy Land.

Another cultural experience came during a summer spent on a Native American reservation in Montana, "getting to know the people" and learning that "the concept of time can be very different."

As she continues working and/or volunteering with various projects, she also expresses joy in her family. Esther and her husband, Bill, have several children and grandchildren.

Their son Mark and his wife work as surgeons; son Joe is chair of the chemistry department at Shippensburg University; and daughter Susan, having worked at Penn State for several years, is now in Delray Beach, Fla.



NORMA TARNOFF

Norma Tarnoff has been recognized as a Notable Woman in Indiana County by the AAUW.

She is a graduate of Penn State University, where she earned a teaching degree.

She taught reading and English in New Jersey and at the Homer-City Junior High School for four years before managing the eyewear and optical department at Dr. Tarnoff and Dr. Hilliard's office for 28 years.

Tarnoff moved to Indiana in the 1970s. She has been an active member of several worthy organizations. Her first experience was with the Junior Women's Civic Club from 1974 to 1976.

She participated in fundraisers for the organization.

She then served as a board member for the Beth Israel synagogue from 1981 to 1985. During this time, she helped to organize programs for the synagogue and search for a rabbi. She is also a lifelong member of the hospital auxiliary.

Tarnoff's latest volunteer work is with the Indiana County Humane Society.

She has been active in many facets at the Humane Society, serving as president of the board for four years.

Norma has been the human resources coordinator for three years, and helped with building maintenance for two years. For four years she served as fundraising chairwoman. It was during this time that she started Cause for Paws, one of two main fundraisers for ICHS typically held at Blue Spruce Park in the fall.

The fundraising event invites businesses and residents to gather sponsors and then walk around the park. The event includes pet contests, drawings for prizes, refreshments and plenty of fun for everyone.

For the past three years, she has served as the New Shelter Project chairwoman, hoping to raise sufficient funds to build a new shelter for neglected and stray animals.

The award recipient is married to Dr. Charles Tarnoff. In August they will celebrate their 40th anniversary. Together they have a daughter, Maura, who currently resides in Spain with her husband.

Family carnival to be held

The Kinport Assembly of God will hold a family carnival from noon to 4 p.m. Saturday at the Ministry Center, located at 5658 Route 240, Cherry Tree between Curve games, gift certificates or an autographed photo of Troy Polamalu of the Pittsburgh Steelers.

All proceeds benefit the annual Back to School Clothes Giveaway, which will be held in August.

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If you see these people today, be sure to wish them a happy birthday:

- Sophia Bowman, Indiana
- Kenneth Duncan, Homer City
- Carol Farman, Shelcta
- David Hebenthal, Brush Valley
- Brady Houser, Cherry Tree
- Katie Lind, Indiana
- Audrey McGregor, Indiana
- Nicole Miloser, Home
- Helga Moslak, Clymer
- Betty Murray, Homer City
- George Risting, Indiana
- Ted Ryan, Marion Center
- Kirk Sweeney, Dayton
- Mary E.A. Todhunter, Shelcta
- Carson Wells, Marion Center
- James "Spinner" Wilshire, Northern Cambria

The Gazette would like to wish you a "Happy Birthday!" To have a name added to the list, call (724) 465-5555, ext. 265.

If you leave a message, be sure to spell out the first and last name of the person celebrating their special day and remember to tell us the day and the town where they live. Messages left with incomplete information will not be run on the list.